

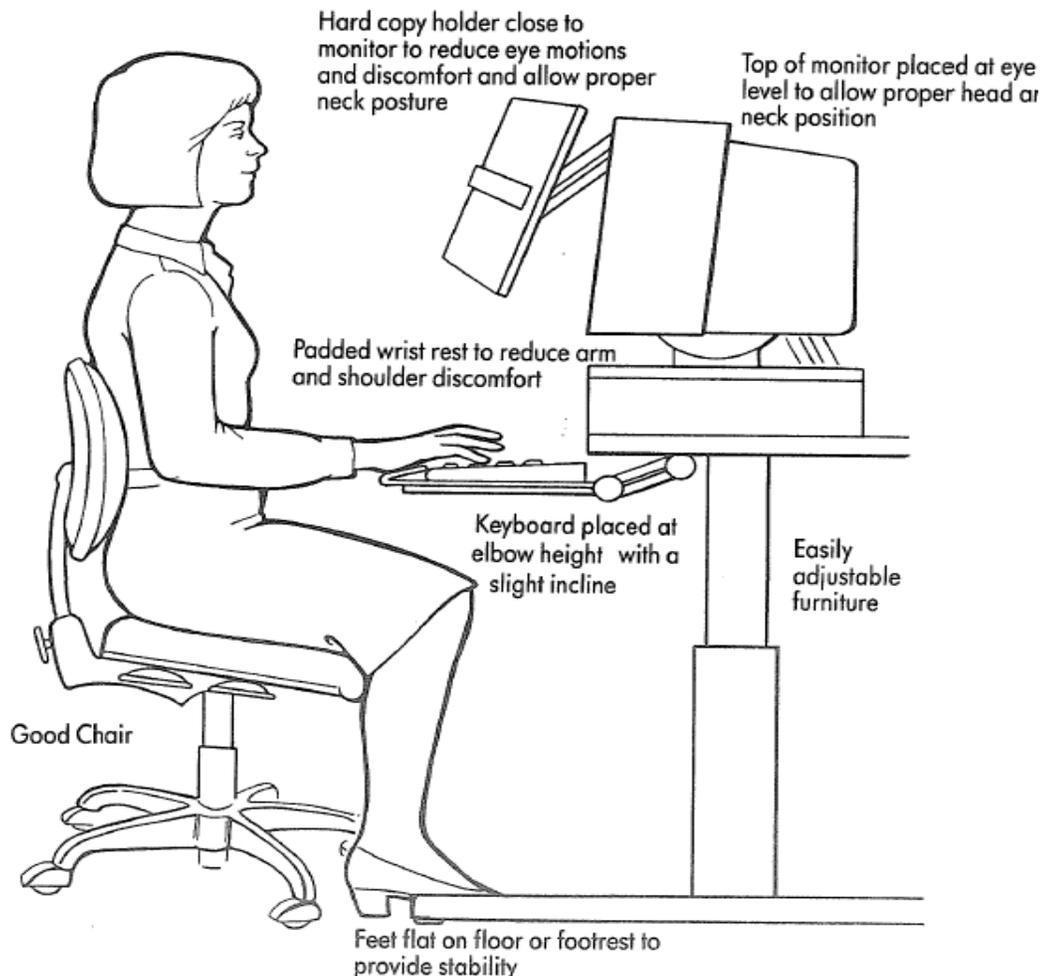


Office Ergonomics–Work Station Set-Up

An ergonomic design in office settings has become increasingly important, particularly because of the increased use of computers. Working with computers is different because of 2 main reasons:

- Employees can do so much work with a computer; as such, they end up staying in the same position for long periods of time. Good furniture and posture thus become more important than ever.
- The highly polished screen is probably the most reflective surface in the office, catching glare from every light source. This places an indirect strain to the user.

Here are some important tips for proper workplace set-up



“An ounce of prevention is worth more than a pound of cure”